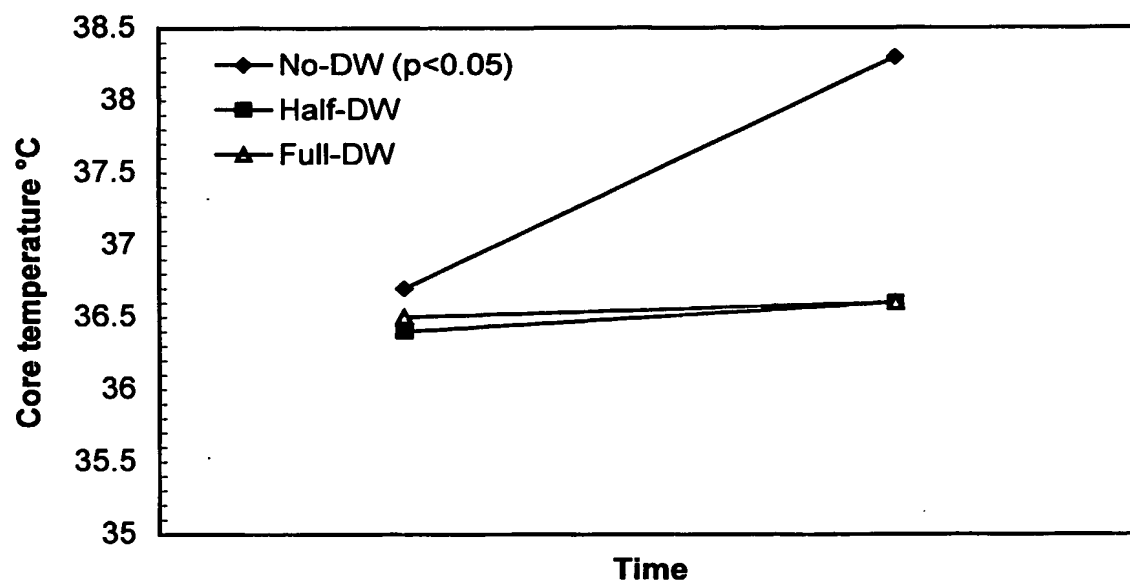


1/11

**Figure 1**

2/11

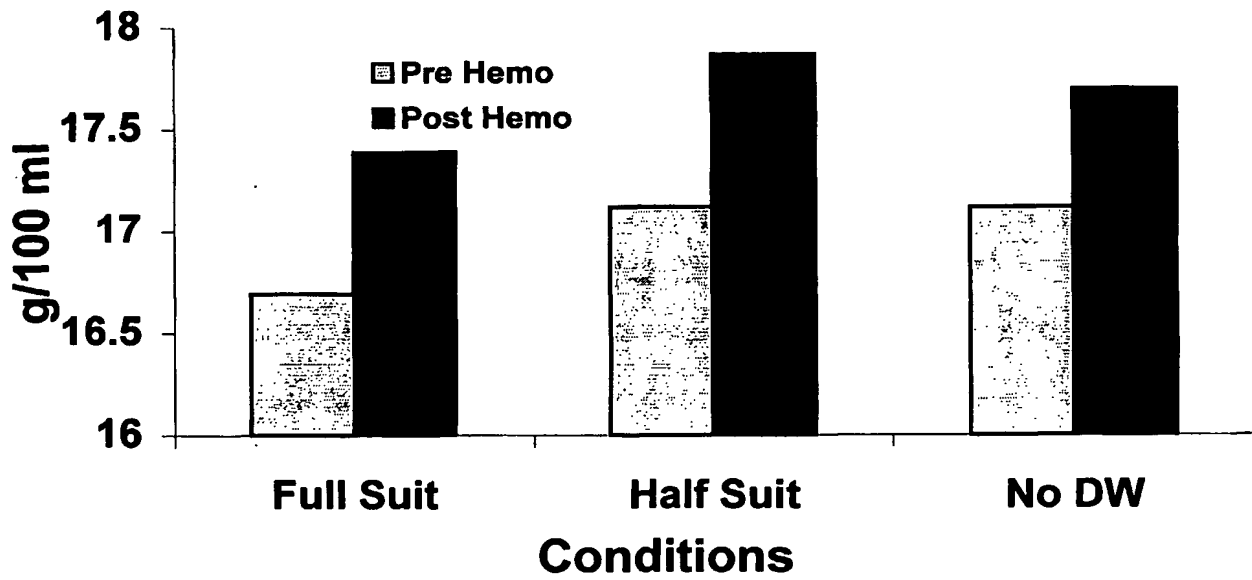
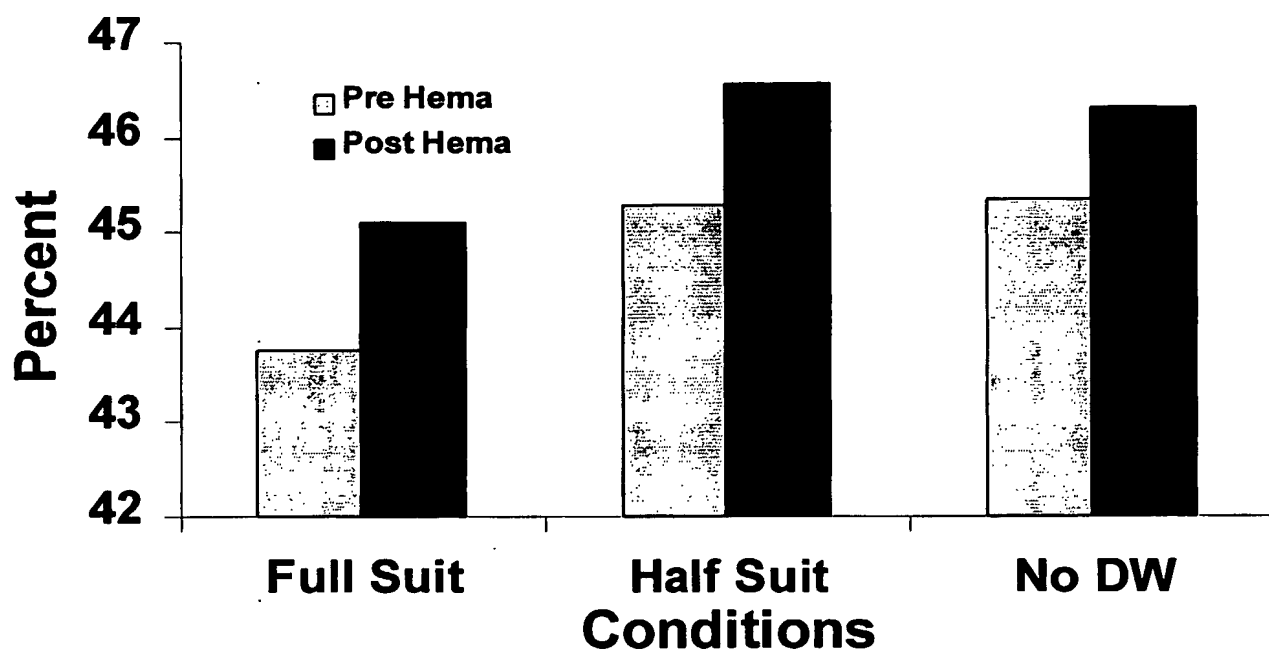


Figure 2

3/11

**Figure 3**

4/11

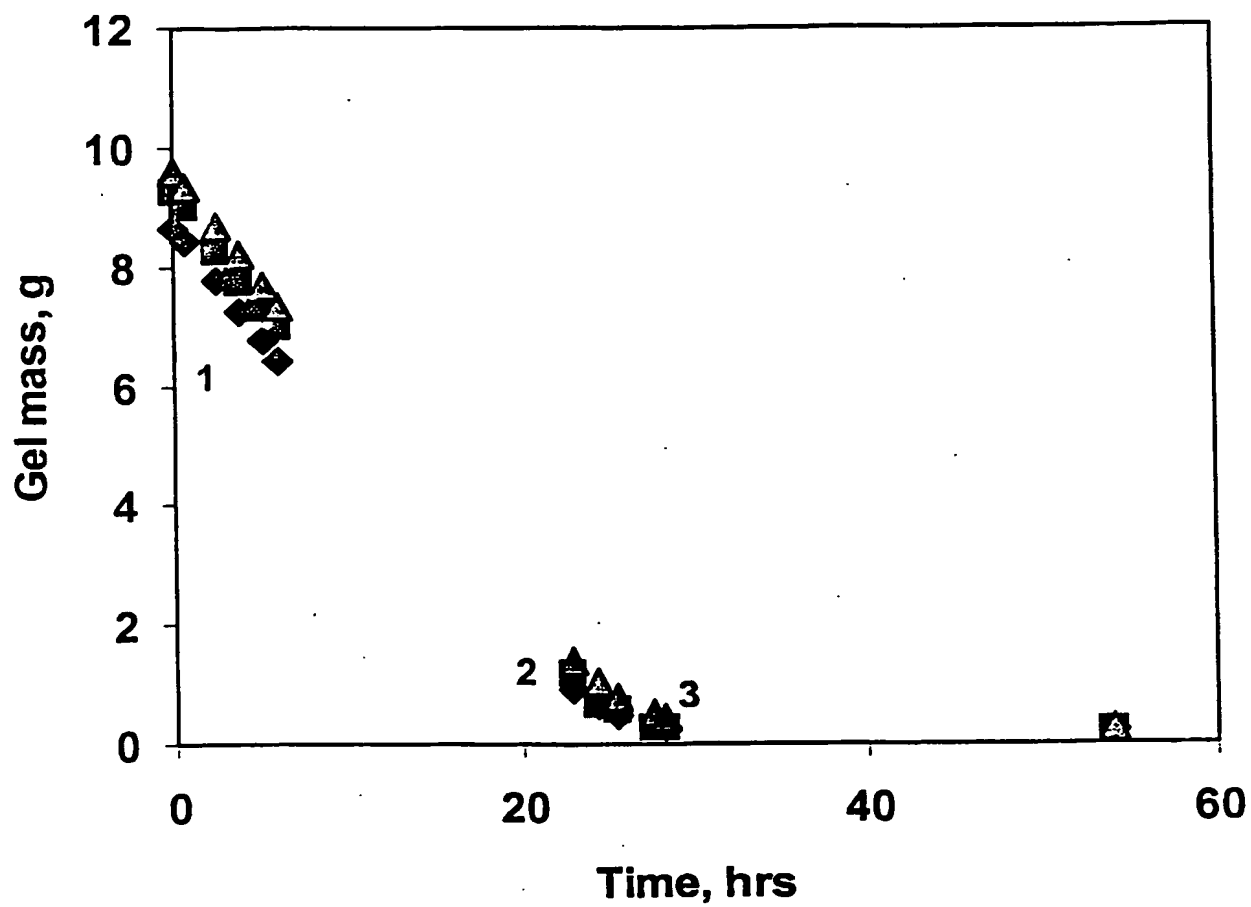


Figure 4

5/11

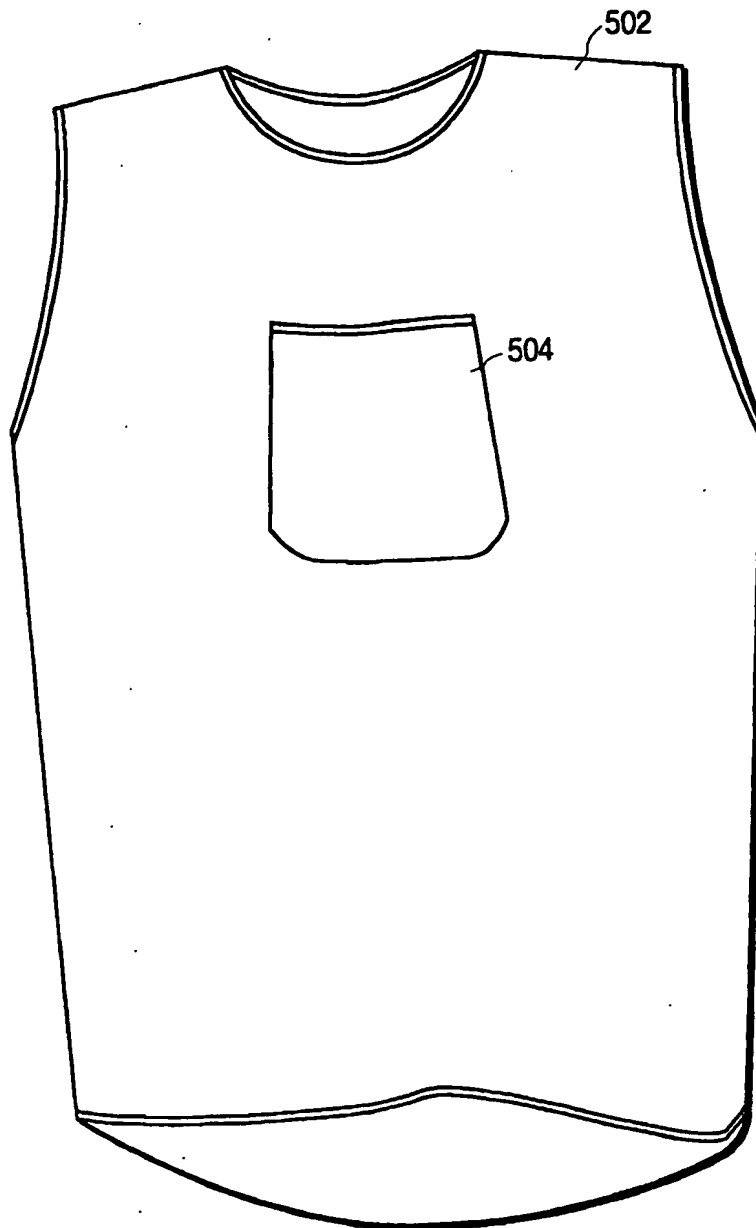


Figure 5

6/11

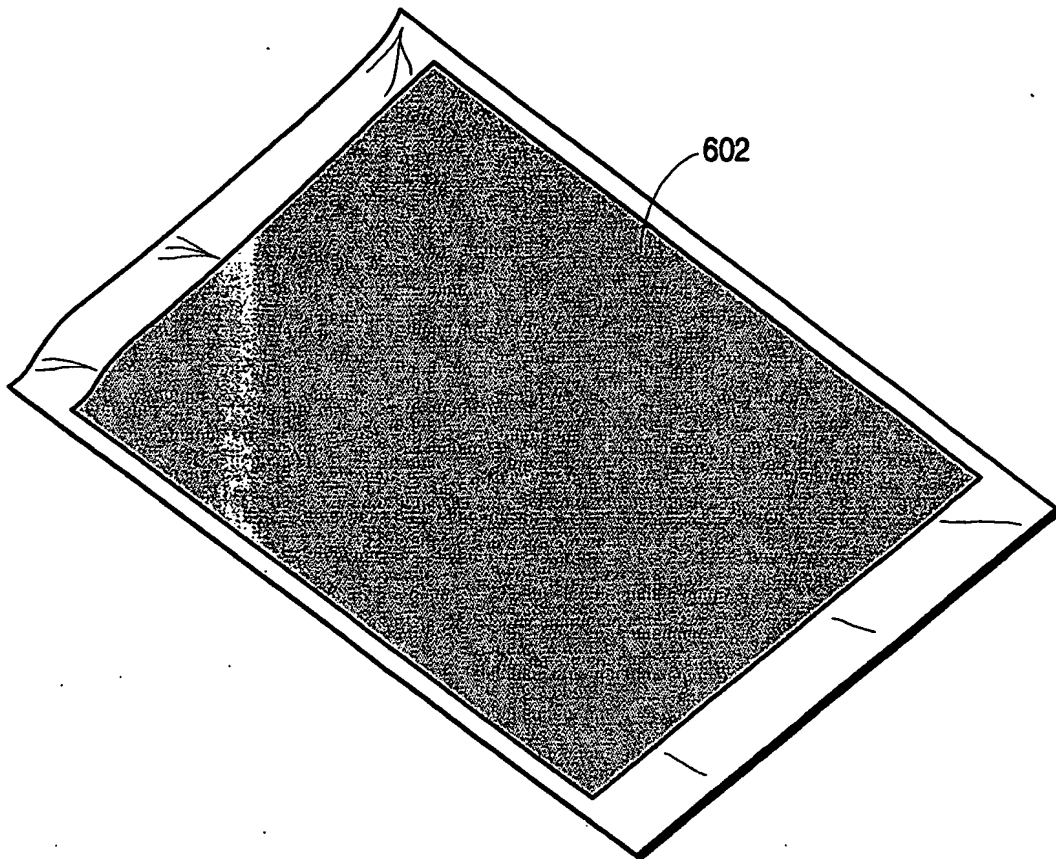
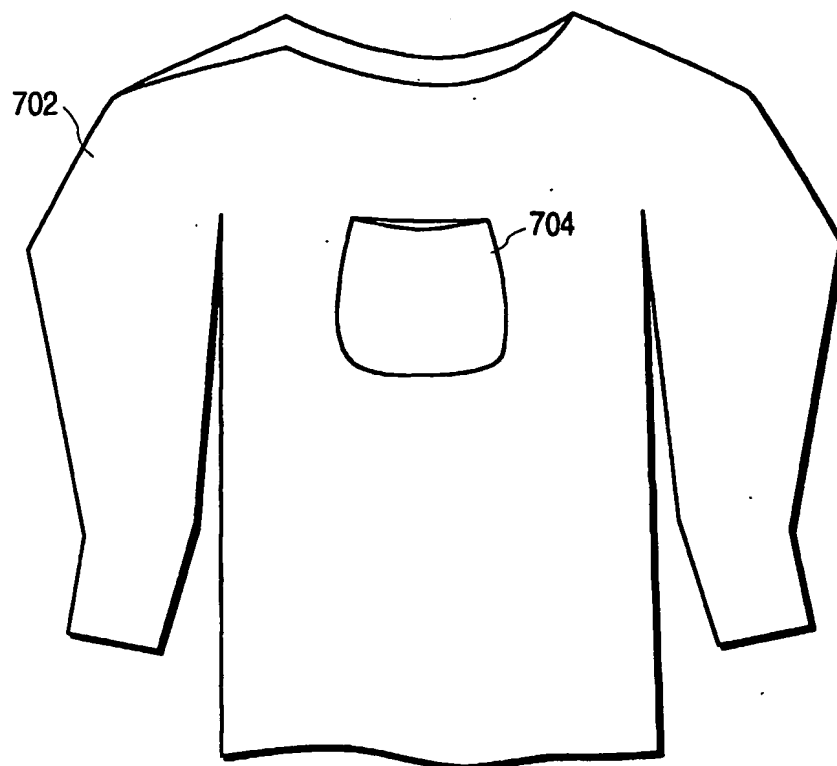
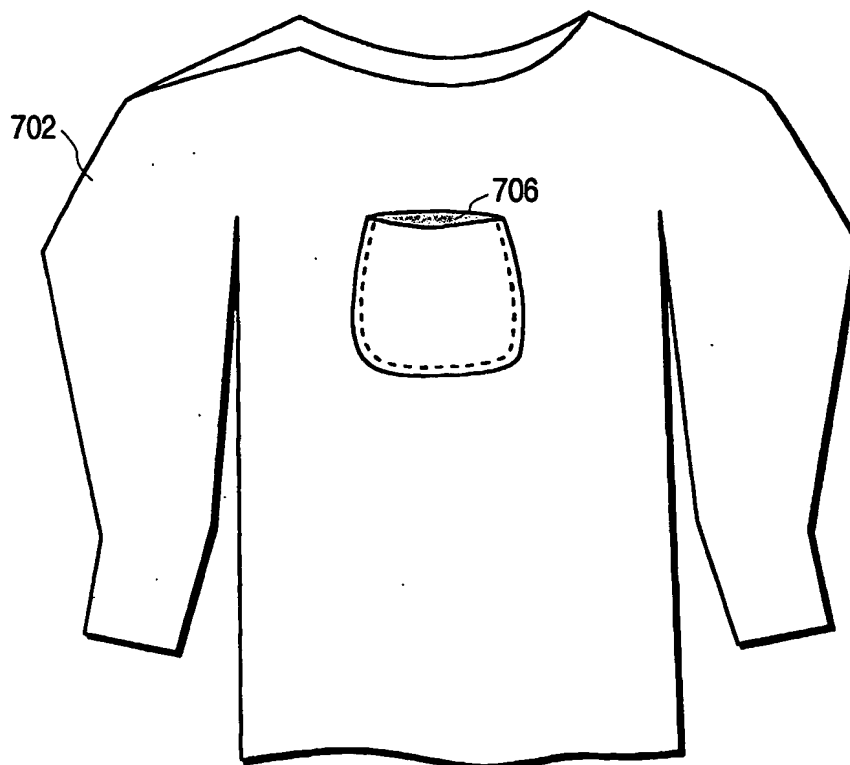


Figure 6

7/11

**Figure 7A****Figure 7B**

8/11

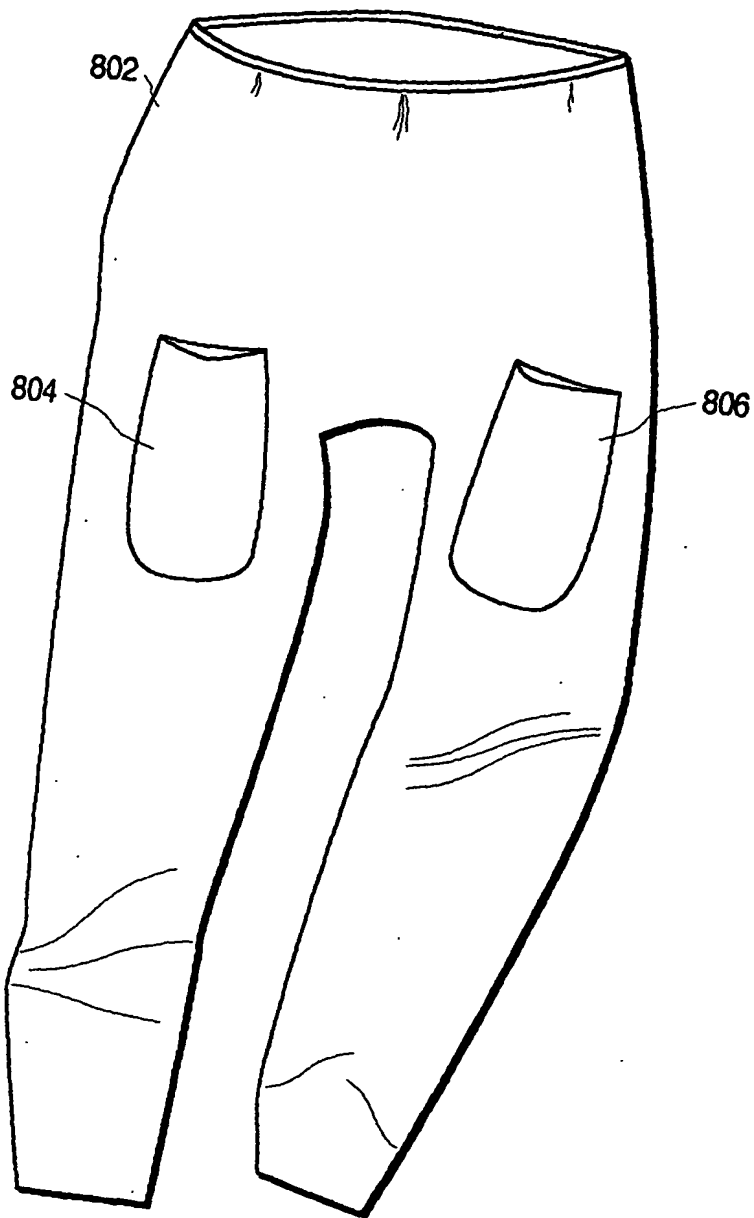


Figure 8

9/11

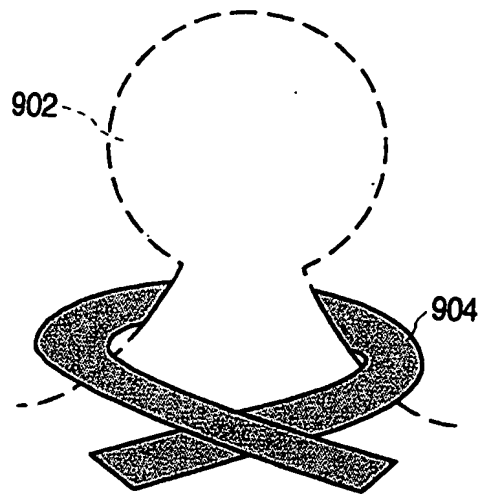


Figure 9A

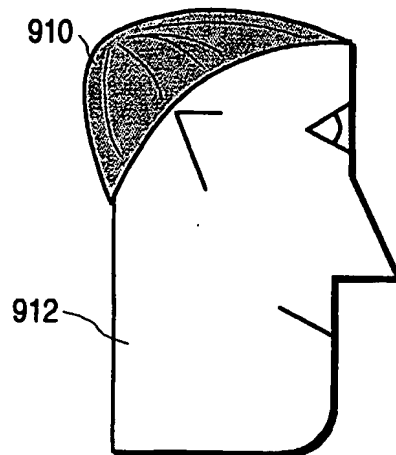


Figure 9B

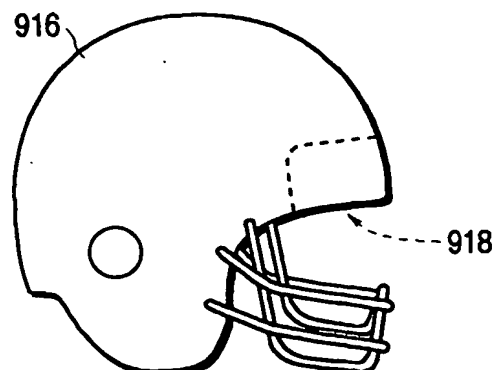
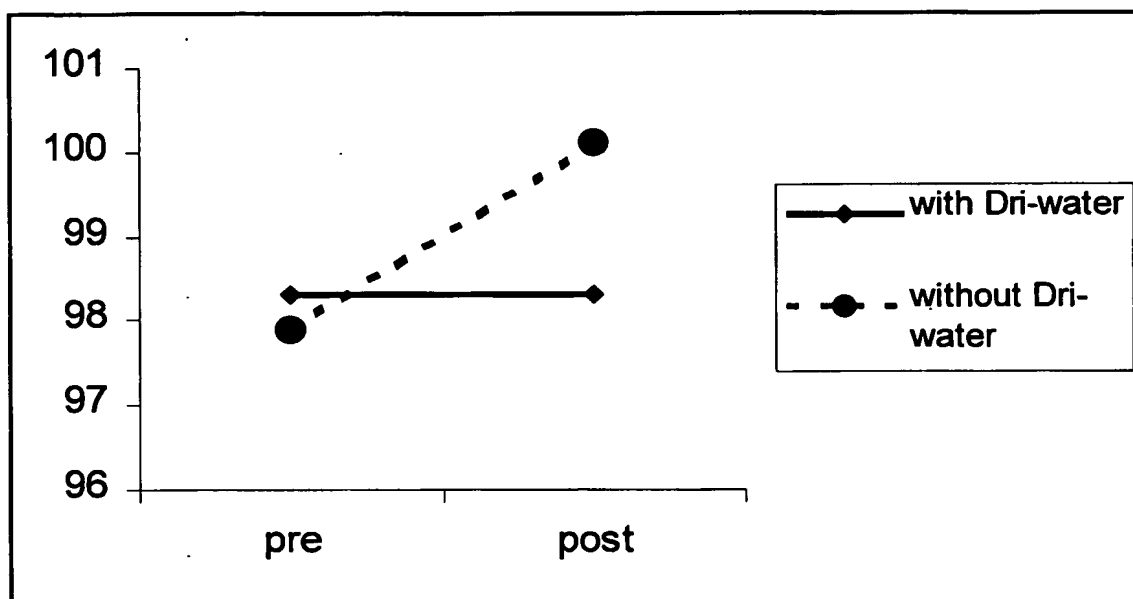


Figure 9C

10/11

**Figure 10**

11/11

Blood Test Results

	Pre	post	Δ change
<u>Hematocrit</u>			
Without Dri-water	$46.8 \pm 0.8^{**}$	$48.7 \pm 0.7^{**}$	$p < 0.01$
With Dri-water	$45.8 \pm 0.5^{**}$	$49.8 \pm 0.5^{**}$	$p < 0.01$
<u>Hemoglobin</u>			
Without Dri-water	0.334 ± 0.007	0.362 ± 0.007	$p < 0.001$
With Dri-water	0.346 ± 0.002	0.368 ± 0.003	NS
<u>Total Body Water</u>			
Without Dri-water	57.7 ± 2.0	59.4 ± 2.1	NS
With Dri-water	58.0 ± 1.7	59.4 ± 1.4	NS
<u>Intracellular Water</u>			
Without Dri-water	54.7 ± 2.8	62.5 ± 0.5	NS
With Dri-water	62.6 ± 0.6	62.6 ± 0.5	NS
<u>Extracellular Water</u>			
Without Dri-water	45.3 ± 2.8	37.5 ± 0.5	NS
With Dri-water	37.4 ± 0.6	37.4 ± 0.5	NS

** $p < 0.01$ between conditions

Figure 11